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## The Stress Level of Bachelor Teacher Trainees in Physical Education at National Institute of Physical Education and Sports (NIPES)

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In the 21st century, the field of education has undergone rapid changes, placing increasing demands on student teachers. Bachelor teacher trainees in physical education, in particular, often face both academic and physical pressures that may lead to significant stress.

**Purpose:** This research aims to understand the level of stress, the causes of stress, and the methods of stress management among student teachers at the National Institute of Physical Education and Sports. **Method:** The researcher employed a mixed-method approach, combining both quantitative and qualitative methods. **Results:** Among the 25 student teachers, 22 experienced moderate stress, while one experienced high stress. The main causes of stress were excessive research assignments, high expectations for academic performance, low self-confidence, and the curriculum. For stress management, the student teachers primarily used coping strategies such as time management and adjusting their attitudes and beliefs. They did not utilize the counseling services at the National Institute because they felt too shy and lacked confidence in the effectiveness of those services.

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